

**PRENATAL NUTRITION**

**MODULE**

**POST-TEST ANSWER KEY**

100 Total Points

PRENATAL NUTRITION MODULE POST-TEST

REVISED 12/99

NAME \_\_\_\_\_

DATE \_\_\_\_\_

SCORE \_\_\_\_\_

MARK THE FOLLOWING STATEMENTS T FOR TRUE OR F FOR FALSE.  
CORRECT THE FALSE STATEMENTS.

- \_\_\_ 1. THE THIRD TRIMESTER IS THE MOST CRITICAL PHASE OF DEVELOPMENT. IT IS DURING THIS TIME THAT EXPOSURE TO DRUGS AND ALCOHOL IS MOST LIKELY TO LEAD TO BIRTH DEFECTS.
- \_\_\_ 2. A WOMAN'S PREGRAVID WEIGHT IS HER WEIGHT JUST BEFORE SHE BECAME PREGNANT.
- \_\_\_ 3. WIC STAFF WOULD NEED TO RISK A WOMAN WITH HIGH MATERNAL WEIGHT GAIN IF SHE GAINED 11 POUNDS SINCE HER LAST WIC VISIT 6 WEEKS AGO.
- \_\_\_ 4. THE NUMBER OF SERVINGS OF DAIRY PRODUCTS RECOMMENDED FOR THE PREGNANT TEEN IS GREATER THAN THAT FOR THE ADULT PREGNANT WOMAN.
- \_\_\_ 5. LISTERIA IS A BACTERIA FOUND IN HARD CHEESES.
- \_\_\_ 6. A WOMAN WHO DECIDES TO TAKE AN ADDITIONAL SUPPLEMENT OF VITAMIN C DURING PREGNANCY BECAUSE HER FRIEND TOLD HER IT WOULD HELP KEEP HER HEALTHY SHOULD BE RISK WITH NUTRITION RISK FACTOR 97 "EXCESSIVE INTAKE OF DIETARY SUPPLEMENTS, VITAMINS, OR MINERALS."
- \_\_\_ 7. WIC STAFF SHOULD RECOMMEND PRENATAL WIC PARTICIPANTS CUT BACK ON THEIR SALT INTAKE IF THEY REPORT SWELLING DURING THEIR PREGNANCY.
- \_\_\_ 8. IT IS PROBABLY SAFE FOR PREGNANT WOMEN TO CONSUME UP TO 300 MILLIGRAMS OF CAFFEINE A DAY.
- \_\_\_ 9. ONE DRINK OF ALCOHOL EVERY TWO WEEKS IS PROBABLY SAFE DURING PREGNANCY.
- \_\_\_ 10. WOMEN WHO SMOKE DURING PREGNANCY ARE MORE LIKELY TO GIVE BIRTH TO LOW BIRTH WEIGHT BABIES.

CHECK ALL THAT APPLY

11. WHICH OF THE FOLLOWING ARE NUTRITION RISK FACTORS FOR THE PREGNANT WIC PARTICIPANT?

☐ PICA  
☐ ANEMIA  
☐ HIGH PARITY (HISTORY OF 3 OR MORE PREGNANCIES)  
☐ ELEVATED BLOOD LEAD VALUE  
☐ OVERWEIGHT 26.0 BMI  
☐ UNDERWEIGHT 19.8 BMI  
☐ SHORT STATURE  
☐ SMOKING  
☐ MATERNAL AGE \_ 35 YEARS  
☐ MATERNAL AGE \_ 17 YEARS  
☐ CLOSELY SPACED PREGNANCIES  
☐ MIGRANCY  
☐ HYPEREMESIS GRAVIDARUM  
☐ BEGINNING PRENATAL CARE DURING THE 11TH WEEK OF PREGNANCY

12. WHAT THREE COMPONENTS OF PREGNANCY ACCOUNT FOR THE MAJORITY OF THE WEIGHT GAINED IN PREGNANCY?

☐ BABY WEIGHT  
☐ UTERUS ENLARGEMENT  
☐ BREAST ENLARGEMENT  
☐ PLACENTA  
☐ MOTHER'S FAT STORES  
☐ BLOOD AND FLUID INCREASES

13. WHICH OF THE FOLLOWING ARE NUTRITION RISK FACTORS FOR THE POSTPARTUM, NON-BREASTFEEDING WIC PARTICIPANT?

<input type="checkbox"/> PICA	<input type="checkbox"/> SMOKING
<input type="checkbox"/> ANEMIA	<input type="checkbox"/> MATERNAL AGE _ 35 YEARS
<input type="checkbox"/> HIGH PARITY	<input type="checkbox"/> MATERNAL AGE _ 17 YEARS
(HISTORY OF 3 OR	<input type="checkbox"/> CLOSELY SPACE PREGNANCIES
MORE PREGNANCIES)	<input type="checkbox"/> MIGRANCY
<input type="checkbox"/> ELEVATED BLOOD LEAD	<input type="checkbox"/> HYPEREMESIS GRAVIDARUM
VALUE	<input type="checkbox"/> BEGINNING PRENATAL
<input type="checkbox"/> OVERWEIGHT 26.0 BMI	CARE DURING THE 11 <sup>TH</sup> WEEK
<input type="checkbox"/> UNDERWEIGHT 19.8 BMI	OF PREGNANCY
<input type="checkbox"/> SHORT STATURE	

14. COMPARE THE TWO FOODS, AND SELECT THE ONE THAT IS MORE NUTRIENT DENSE:

\_\_\_ PEANUT BUTTER ON CELERY

OR \_\_\_ CREAM CHEESE ON CELERY

\_\_\_ SODA POP

OR \_\_\_ ORANGE JUICE

\_\_\_ GLAZED DONUT

OR \_\_\_ BAGEL WITH CHEESE

\_\_\_ BEAN BURRITO WITH SALSA

OR \_\_\_ BLT (BACON, LETTUCE, TOMATO SANDWICH)

\_\_\_ POTATO CHIPS & SOUR CREAM DIP

OR \_\_\_ PRETZELS AND YOGURT

COMPLETE THE FOLLOWING QUESTIONS

15. LIST TWO REASONS WHY ADEQUATE NUTRITION DURING PREGNANCY IS IMPORTANT.

1.

2.

16. LIST ONE REASON WHY ANEMIA DURING PREGNANCY IS A RISK.

17. DEFINE THE WEEKS FOR EACH OF THE THREE TRIMESTERS:

FIRST TRIMESTER \_\_\_\_\_

SECOND TRIMESTER \_\_\_\_\_

THIRD TRIMESTER \_\_\_\_\_

18. LIST ONE REASON WHY INADEQUATE WEIGHT GAIN IS A RISK TO THE FETUS.

19. LIST ONE REASON WHY EXCESSIVE WEIGHT GAIN IS A RISK TO THE FETUS.

20. LIST ONE REASON WHY EXCESSIVE WEIGHT GAIN IS A RISK TO THE PREGNANT WOMAN.

21. IDENTIFY THE WEIGHT CATEGORY FOR THE FOLLOWING FOUR PREGNANT WOMEN.

MARIA WONG	BMI 20.7	WEIGHT CATEGORY: _____
SUSAN DIAZ	BMI 28.2	WEIGHT CATEGORY: _____
JEAN STEVENS	BMI 19.0	WEIGHT CATEGORY: _____
BERNIE TAOS	BMI 32.0	WEIGHT CATEGORY: _____

22. WHAT ARE THE RECOMMENDED TOTAL WEIGHT GAIN RANGES FOR EACH OF THE WOMEN IN QUESTION 22?

MARIA WONG	TOTAL WEIGHT GAIN RANGE : _____
SUSAN DIAZ	TOTAL WEIGHT GAIN RANGE : _____
JEAN STEVENS	TOTAL WEIGHT GAIN RANGE : _____
BERNIE TAOS	TOTAL WEIGHT GAIN RANGE : _____

23. LIST FOUR QUESTIONS YOU COULD ASK OF AN OVERWEIGHT OR UNDERWEIGHT PREGNANT WOMAN TO HELP IDENTIFY NUTRITION EDUCATION AND COUNSELING NEEDS?

1.

2.

3.

4.

24. WHAT NUTRIENT IS IMPORTANT TO PREVENT NEURAL TUBE DEFECTS?

25. LIST TWO NUTRIENTS THAT ARE MORE LIKELY TO BE INADEQUATE IN THE VEGAN DIET.

1.

2.

26. LIST FOUR TIPS THAT MAY HELP A WOMAN DEAL WITH PRENATAL NAUSEA.

1.

2.

3.

4.

27. WHAT ARE SIX HEALTHY TIPS WIC STAFF CAN SELECT FROM TO EDUCATE POSTPARTUM WOMEN ON?

1.

2.

3.

4.

5.

6.

#### FILL IN THE BLANKS

28. WHAT ARE THE NUMBER OF SERVINGS FOR THE DIET OF A PREGNANT WOMAN RECOMMENDED BY THE FOOD GUIDE PYRAMID FOR EACH OF THE FOLLOWING FOOD GROUPS:

DAIRY PRODUCTS GROUP

\_\_\_\_\_

MEAT/MEAT ALTERNATIVES GROUP

\_\_\_\_\_

FRUIT GROUP

\_\_\_\_\_

VEGETABLE GROUP

\_\_\_\_\_

BREADS/CEREALS GROUP

\_\_\_\_\_

29. WHAT ARE THE NUMBER OF SERVINGS FOR THE DIET OF A POSTPARTUM NON-BREASTFEEDING WOMAN RECOMMENDED BY THE FOOD GUIDE PYRAMID FOR EACH OF THE FOLLOWING FOOD GROUPS:

DAIRY PRODUCTS GROUP

\_\_\_\_\_

MEAT/MEAT ALTERNATIVES GROUP

\_\_\_\_\_

FRUIT GROUP

\_\_\_\_\_

VEGETABLE GROUP

\_\_\_\_\_

BREADS/CEREALS GROUP

\_\_\_\_\_

PRENATAL NUTRITION MODULE POST-TEST  
ANSWER KEY

100 POINTS  
TOTAL

MARK THE FOLLOWING STATEMENTS T FOR TRUE OR F FOR FALSE.  
CORRECT THE FALSE STATEMENTS.  
(2PTS EACH)

- F   1. THE THIRD [FIRST] TRIMESTER IS THE MOST CRITICAL PHASE OF DEVELOPMENT. IT IS DURING THIS TIME THAT EXPOSURE TO DRUGS AND ALCOHOL IS MOST LIKELY TO LEAD TO BIRTH DEFECTS.
- T   2. A WOMAN'S PREGRAVID WEIGHT IS HER WEIGHT JUST BEFORE SHE BECAME PREGNANT.
- T   3. WIC STAFF WOULD NEED TO RISK A WOMAN WITH HIGH MATERNAL WEIGHT GAIN IF SHE GAINED 11 POUNDS SINCE HER LAST WIC VISIT 6 WEEKS AGO.
- T   4. THE NUMBER OF SERVINGS OF DAIRY PRODUCTS RECOMMENDED FOR THE PREGNANT TEEN IS GREATER THAN THAT FOR THE ADULT PREGNANT WOMAN.
- F   5. LISTERIA IS A BACTERIA FOUND IN HARD [SOFT] CHEESES.
- T   6. A WOMAN WHO DECIDES TO TAKE AN ADDITIONAL SUPPLEMENT OF VITAMIN C DURING PREGNANCY BECAUSE HER FRIEND TOLD HER IT WOULD HELP KEEP HER HEALTHY SHOULD BE RISK WITH NUTRITION RISK FACTOR 97 "EXCESSIVE INTAKE OF DIETARY SUPPLEMENTS, VITAMINS, OR MINERALS."
- F   7. WIC STAFF SHOULD [NOT] RECOMMEND PRENATAL WIC PARTICIPANTS CUT BACK ON THEIR SALT INTAKE IF THEY REPORT SWELLING DURING THEIR PREGNANCY. [THEY SHOULD REFER PARTICIPANTS TO THEIR HEALTH CARE PROVIDER.]
- T   8. IT IS PROBABLY SAFE FOR PREGNANT WOMEN TO CONSUME UP TO 300 MILLIGRAMS OF CAFFEINE A DAY.
- F   9. ONE DRINK OF ALCOHOL EVERY TWO WEEKS IS PROBABLY SAFE DURING PREGNANCY. [THERE IS NO KNOWN SAFE AMOUNT OF ALCOHOL FOR A HEALTHY PREGNANCY.]
- T   10. WOMEN WHO SMOKE DURING PREGNANCY ARE MORE LIKELY TO GIVE BIRTH TO LOW BIRTH WEIGHT BABIES.

CHECK ALL THAT APPLY

11. WHICH OF THE FOLLOWING ARE NUTRITION RISK FACTORS FOR THE PREGNANT WIC PARTICIPANT? (14PTS)

- ☒ PICA  
☒ ANEMIA  
☐ HIGH PARITY (HISTORY OF 3 OR MORE PREGNANCIES)  
☒ ELEVATED BLOOD LEAD VALUE  
☒ OVERWEIGHT 26.0 BMI  
☒ UNDERWEIGHT 19.8 BMI  
☐ SHORT STATURE  
☒ SMOKING  
☐ MATERNAL AGE \_ 35 YEARS  
☒ MATERNAL AGE \_ 17 YEARS  
☒ CLOSELY SPACED PREGNANCIES  
☒ MIGRANCY  
☒ HYPEREMESIS GRAVIDARUM  
☐ BEGINNING PRENATAL CARE DURING THE 11TH WEEK OF PREGNANCY

12. WHAT THREE COMPONENTS OF PREGNANCY ACCOUNT FOR THE MAJORITY OF THE WEIGHT GAINED IN PREGNANCY? (3PTS)

- ☒ BABY WEIGHT  
☐ UTERUS ENLARGEMENT  
☐ BREAST ENLARGEMENT  
☐ PLACENTA  
☒ MOTHER'S FAT STORES  
☒ BLOOD AND FLUID INCREASES

13. WHICH OF THE FOLLOWING ARE NUTRITION RISK FACTORS FOR THE POSTPARTUM, NON-BREASTFEEDING WIC PARTICIPANT? (14PTS)

- |   |  |
|---|--|
| <input checked="" type="checkbox"/> PICA                                | <input type="checkbox"/> SHORT STATURE                         |
| <input checked="" type="checkbox"/> ANEMIA                              | <input type="checkbox"/> SMOKING                               |
| <input type="checkbox"/> HIGH PARITY (HISTORY OF 3 OR MORE PREGNANCIES) | <input type="checkbox"/> MATERNAL AGE _ 35 YEARS               |
| <input checked="" type="checkbox"/> ELEVATED BLOOD LEAD VALUE           | <input checked="" type="checkbox"/> MATERNAL AGE _ 17 YEARS    |
| <input checked="" type="checkbox"/> OVERWEIGHT 26.0 BMI                 | <input checked="" type="checkbox"/> CLOSELY SPACED PREGNANCIES |
| <input checked="" type="checkbox"/> UNDERWEIGHT 19.8 BMI                | <input checked="" type="checkbox"/> MIGRANCY                   |
|   | <input type="checkbox"/> HYPEREMESIS GRAVIDARUM                |



\_\_\_\_\_ BEGINNING PRENATAL CARE  
DURING THE 11<sup>TH</sup>

WEEK OF PREGNANCY

14. COMPARE THE TWO FOODS, AND SELECT THE ONE THAT IS MORE NUTRIENT DENSE:

(5PTS)

  T   PEANUT BUTTER ON CELERY

OR        CREAM CHEESE  
ON CELERY

       SODA POP

OR   T   ORANGE JUICE

       GLAZED DONUT

OR   T   BAGEL WITH  
CHEESE

  T   BEAN BURRITO WITH SALSA

OR        BLT (BACON,  
LETTUCE,  
TOMATO  
SANDWICH)

       POTATO CHIPS & SOUR CREAM DIP

OR   T   PRETZELS AND  
YOGURT

COMPLETE THE FOLLOWING QUESTIONS

15. LIST TWO REASONS WHY ADEQUATE NUTRITION DURING PREGNANCY IS IMPORTANT

(2PTS) 1. FOR NORMAL GROWTH AND DEVELOPMENT OF THE FETUS.

2. FOR A HEALTHY PREGNANCY AND PREGNANCY OUTCOME.

16. LIST ONE REASON WHY ANEMIA DURING PREGNANCY IS A RISK.

(1PT) THE FETUS WOULD NOT RECEIVE ADEQUATE OXYGEN FOR PROPER GROWTH. ANEMIA DURING PREGNANCY IS ASSOCIATED WITH THE DELIVERY OF LOW BIRTH WEIGHT INFANTS AND INCREASES THE RISK OF INFANT MORTALITY.

17. DEFINE THE WEEKS FOR EACH OF THE THREE TRIMESTERS:

(3PTS)

FIRST TRIMESTER     0-13    

SECOND TRIMESTER    14-26   

THIRD TRIMESTER    27-40   

18. LIST ONE REASON WHY INADEQUATE WEIGHT GAIN IS A RISK TO THE FETUS.

(1PT) THE INFANT MAY BE BORN WITH A LOW BIRTH WEIGHT AND WITH FETAL GROWTH RESTRICTION.

19. LIST ONE REASON WHY EXCESSIVE WEIGHT GAIN IS A RISK TO THE FETUS.

(1PT) THE INFANT MAY BE BORN WITH HIGH BIRTH WEIGHT. HIGH BIRTH WEIGHT INFANTS RISK INJURY AT DELIVERY.

20. LIST ONE REASON WHY EXCESSIVE WEIGHT GAIN IS A RISK TO THE PREGNANT WOMAN.

(1PT) EXCESSIVE WEIGHT GAIN IS ASSOCIATED WITH OTHER COMPLICATIONS OF PREGNANCY INCLUDING HIGH BLOOD PRESSURE, PREECLAMPSIA, AND ECLAMPSIA.

21. IDENTIFY THE WEIGHT CATEGORY FOR THE FOLLOWING FOUR PREGNANT WOMEN.

(4PTS)

MARIA WONG	BMI 20.7	WEIGHT CATEGORY: <u>NORMAL</u>
SUSAN DIAZ	BMI 28.2	WEIGHT CATEGORY: <u>HIGH</u>
JEAN STEVENS	BMI 19.0	WEIGHT CATEGORY: <u>LOW</u>
BERNIE TAOS	BMI 32.0	WEIGHT CATEGORY: <u>OBESE</u>

22. WHAT ARE THE RECOMMENDED TOTAL WEIGHT GAIN RANGES FOR EACH OF THE WOMEN IN QUESTION 21?

(4PTS)

MARIA WONG	TOTAL WEIGHT GAIN RANGE : <u>25-35 POUNDS</u>
SUSAN DIAZ	TOTAL WEIGHT GAIN RANGE : <u>15-25 POUNDS</u>
JEAN STEVENS	TOTAL WEIGHT GAIN RANGE : <u>28-40 POUNDS</u>
BERNIE TAOS	TOTAL WEIGHT GAIN RANGE : <u>15 POUNDS</u>

23. LIST FOUR QUESTIONS YOU COULD ASK OF AN OVERWEIGHT OR UNDERWEIGHT PREGNANT WOMAN TO HELP IDENTIFY NUTRITION EDUCATION AND COUNSELING NEEDS?

(4PTS) EXAMPLES ARE LISTED BELOW. OTHERS ARE ACCEPTABLE AS APPROPRIATE.

HOW DO YOU FEEL ABOUT GAINING WEIGHT?

HOW IS YOUR APPETITE?

WHAT TYPE OF PHYSICAL ACTIVITIES DO YOU ENGAGE IN?

DO YOU HAVE ENOUGH FOOD RESOURCES?

HOW MUCH WEIGHT ARE YOU THINKING YOU SHOULD GAIN FOR THIS PREGNANCY?

24. WHAT NUTRIENT IS IMPORTANT TO PREVENT NEURAL TUBE DEFECTS?

(1PT) FOLATE

25. LIST TWO NUTRIENTS THAT ARE MORE LIKELY TO BE INADEQUATE IN THE VEGAN DIET.

(2PTS) ANY TWO OF THESE:

VITAMIN B<sub>12</sub>, CALCIUM, IRON, VITAMIN D

26. LIST FOUR TIPS THAT MAY HELP A WOMAN DEAL WITH PRENATAL NAUSEA.

(4PTS) ANY FOUR OF THE FOLLOWING, OR ADDITIONAL ONES, IF APPROPRIATE:

- |                               |  |
|-------------------------------|--|
| › SMELL/TASTE LEMON           | › SIP LIQUIDS FREQUENTLY                         |
| › FRESH AIR                   | › DRY CEREAL, TOAST, CRACKERS                    |
| › AVOID STRONG-SMELLING FOODS | › SEVERAL SMALL MEALS, RATHER THAN 3 LARGE MEALS |
| › PREPARE COLD FOODS          | › EAT SLOWLY                                     |
| › BE RELAXED WHEN EATING      | › AVOID FOODS THAT UPSET YOUR STOMACH            |

27. WHAT ARE SIX HEALTHY TIPS WIC STAFF CAN SELECT FROM TO EDUCATE POSTPARTUM WOMEN ON?

(6PTS) 1. EAT RIGHT

2. EAT FOODS RICH IN FOLATE EVERY DAY

3. BE ACTIVE

4. SEE A HEALTH CARE PROVIDER

5. MAKE TIME FOR BEING A NEW MOM

6. STAY SMOKE-FREE

FILL IN THE BLANKS

28. WHAT ARE THE NUMBER OF SERVINGS FOR THE DIET OF A PREGNANT WOMAN RECOMMENDED BY THE FOOD GUIDE PYRAMID FOR EACH OF THE FOLLOWING FOOD GROUPS:

(5PTS) DAIRY PRODUCTS GROUP	<u>4</u> (5 FOR TEEN)
MEAT/MEAT ALTERNATIVES GROUP	<u>3</u>
FRUIT GROUP	<u>2-4</u>
VEGETABLE GROUP	<u>3-5</u>
BREADS/CEREALS GROUP	<u>6-11</u>

29. WHAT ARE THE NUMBER OF SERVINGS FOR THE DIET OF A POSTPARTUM NON-BREASTFEEDING WOMAN RECOMMENDED BY THE FOOD GUIDE PYRAMID FOR EACH OF THE FOLLOWING FOOD GROUPS:

(5PTS) DAIRY PRODUCTS GROUP	<u>3</u> (4 FOR TEEN)
MEAT/MEAT ALTERNATIVES GROUP	<u>3</u>
FRUIT GROUP	<u>2-4</u>
VEGETABLE GROUP	<u>3-5</u>

